YOUR NEIGHBOURHOOD
JOEL PLASKETT TALKS OF HOME {pages 19-21}



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Info leak irritates minister

Province, HRM asked for $57 million each for trade centre: Epstein ◐ Cabinet yet to make a final decision or release proposal for the Argyle Street project



ALEX BOUTILIER
@METRONEWS.CA

Infrastructure Renewal Minister Bill Estabrooks would not confirm the province will be asked to give $57 million for the proposed trade centre on Argyle Street.

But he said he was "disappointed" that a member of his own party revealed the number to the press.

"You take information as a cabinet minister in good faith to your caucus," he said yesterday, after being informed MLA Howard Epstein went on record with the numbers.

"That's not what caucus responsibility is all about ... that's unacceptable for Mr. Epstein to make those comments public."

The Coast reported late yesterday that the province and the municipality will be asked to cover $57 million each, with the federal government kicking in the remaining $46 million of the public share.

"This is the very reason that Howard Epstein was not chosen for cabinet. Because if he can't win, and doesn't like the way it's going, he does it this way. And that is unacceptable."
BILL ESTABROOKS

The province had intended to release the price tag, along with their shadow bid, by the end of the month. But Estabrooks said last Thursday that deadline may be extended into October.

Epstein, a vocal critic of the proposed trade centre, said he did not intend to release the number; it just slipped out during a long conversation with the reporter.

"It actually just slipped out inadvertently," he said.

"I wasn't meaning to blow the whistle specifically on the number."

Competition. Life savers



▶ Chris Goulet and Audrey Prayal-Brown compete with fellow lifeguards in a beach flag race at Black Rock Beach yesterday morning. Story, page 2.

RYAN TAPLIN/METRO HALIFAX

N.S. lifeguards off to Egypt

Ragweed runs rampant

What allergy sufferers should know for the season {page 16}

'Tis the season for bargains

Scout around this fall for some super deals {page 22}

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1 news

Welcome rivalry, says Dal prof

While some lament Halifax's competition with Moncton to attract events, a Dalhousie political science professor thinks we should welcome it.

Jack Novack, an expert in local governance, thinks Moncton competing with Halifax for events could actually benefit both cities.

"There is sense in government that competition is dirty," he said. "But in fact, it ought not to be competition in the crass sense but competition in terms of competing for the best ideas, the best innovation, the best opportunities."

According to Novack, Moncton's comparative advantages can be thought of not as a barrier to Halifax's growth, but as a catalyst for and a call to creativity.

"The fact that Moncton has done well, done something creative and innovative to draw attention to itself, maybe that would spur the creative juices in other municipalities," he said. Halifax was recently lambasted for losing the Uteck Bowl – the men's CIS football semifinal – to Moncton. The game's move caused Coun. Sue Uteck concern.

"We can learn constantly from the experience of (other municipalities). We should wish them well, and see what the elements of their success are, and see to what degree we can use them in our own deliberations." JACK NOVACK

"If we don't smarten up and do something, Moncton will be the destination event (city)," she said last week.

But according to Novack, rather than focusing on which city is hosting what event, or which municipality has what infrastructure, municipal governments should concentrate on what they can do for the public good.

"This is not sitting on two sides of the football field, hoping for your team," he said. "This is about doing the best they can for the public."

ALEX BOUTILIER

Lifeguards prep for world competition

Over 4,000 lifeguards will compete for international titles in various lifesaving sports

ALLISON SAUNDERS
HALIFAX@METRONEWS.CA

Nova Scotia's best lifeguards dipped their toes in the sand at Black Rock Beach in Halifax for some practice yesterday before they compete in World Lifesaving Championships next month.

The world-class lifesavers held one last practice before leaving for Alexandria, Egypt.

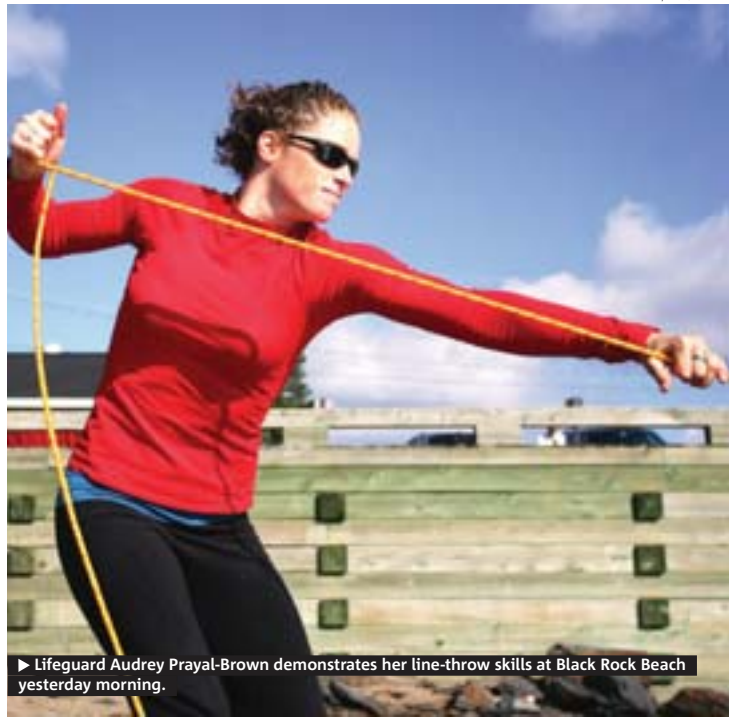
Audrey Prayal-Brown and Chris Goulet, both of Halifax, made it onto the national team of 12 lifeguards. They were selected to go to Egypt after competing in this summer's national competitions in Montreal. "The most exciting (part) for me is actually meeting lifeguards from across the world, I'm really pumped to get to have that experience," says Prayal-Brown.

"To hear your name and then Canada announced afterwards ... you can't describe it." CHRIS GOULET, NATIONAL LIFESAVING TEAM

Both Prayal-Brown and Goulet are longtime lifeguards who have been competing in lifesaving sport for a few years.

"It's kind of like the track and field of lifeguarding sport because you have all these different events," says 23 year-old Prayal-Brown, who holds a national record in the line-throw. Team Nova Scotia will be competing within the inter-club competition at the world championships, which run from October 2nd to 17th.

RYAN TAPLIN/METRO HALIFAX



▶ Lifeguard Audrey Prayal-Brown demonstrates her line-throw skills at Black Rock Beach yesterday morning.

News on the move

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On the web at metronews.ca



Allan Small says investors have plenty to be optimistic about after the recent market breakthrough. More at metronews.ca/investing

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Obama's foul-mouthed chief of staff ponders a run for Chicago mayor's chair.

Tories win majority in N.B.

New Brunswick voters elected a Conservative majority government Monday, throwing out Premier Shawn Graham's Liberals after a single term marred by backtracking on key decisions that ran afoul of public opinion.

The Liberal loss marks the first time since Confederation that a New Brunswick government has failed to win a second consecutive mandate.

32 The central issue in the 32-day campaign was Graham's record after four years in power.

Tory Leader David Alward — a former cabinet minister in the government led by Bernard Lord until 2006 — routinely accused Graham of breaking his promises and reversing his positions.

Spooked by public protests, the Liberals flip-flopped on several initiatives, including bids to merge post-secondary campuses and scrap early French immersion in English schools.

But the government's ill-fated plan to sell NB Power to Hydro-Quebec attracted the most controversy. The $4.8-billion deal was eventually renegotiated then shelved.

THE CANADIAN PRESS

News in brief

RCMP probes hate graffiti

CRIME. RCMP are investigating after someone left anti-Semitic graffiti on a Halifax area playground.

Police say they were called by a municipal employee who said they'd found offensive messages scrawled in Hammonds Plains. Police say it's the fourth such incident brought to their attention in the past week.

THE CANADIAN PRESS

Secure doors, windows: Cops

SECURITY. Police in Halifax are warning people to secure doors and windows after someone tried to gain entry to an apartment on the weekend.

THE CANADIAN PRESS

CUPE reps meet with province

The Canadian Union of Public Employees met with Finance Minister Graham Steele yesterday to lobby for changes to the Canada Pension Plan.

CUPE is pushing for considerable changes to the CPP, including a phased doubling of the replacement rate from 25 per cent to 50 per cent, and a gradual increase in mandatory employer/employee contributions to pay for it.

CUPE Nova Scotia President Dan Cavanagh said the meeting was productive.

"We just wanted to again reinforce ... our position and that of labour," he said.

Steele said he expects the CPP to come up when the provincial finance ministers meet with federal Finance Minister Jim Flaherty in December.

"All the provinces and territories and the federal government are working together at the staff level, but we don't have anything concrete on the table just yet," said Steele.

"There is a group of Nova Scotians ... that are not setting aside enough for their retirement. What we're looking at is whether changing the (CPP) might be the way to help Canadians put aside enough for their retirement."
GRAHAM STEELE

"Changes to the Canada Pension Plan have to be very, very carefully considered. So by its nature it tends to move slowly."

ALEX BOUTILIER

Boy to return to grandparents' care

A troubled Nova Scotia teenager is returning to the care of his grandparents after relatives fought to have him released from a facility in Ontario. A family court judge in Halifax has approved a supervision order for the 15-year-old boy.

There is a publication ban on the boy's identity.

A spokeswoman for the family says there are concerns the order didn't include provision for psychiatric services.

Outside court, the woman said the province is failing to provide adequate counselling and supervision for the teen, who suffers from various cognitive challenges, although his grandmother and family lawyer insist there has never been a conclusive diagnosis.

The boy, who has been under the care of the Community Services Department since 2008, was sent to a facility in Ontario because officials in Nova Scotia said the province didn't have resources to help him.

He was transferred to a facility in Nova Scotia a month ago.

THE CANADIAN PRESS

Committed to memory

History project travels nationwide collecting first-hand records of the Second World War ◐ Sixty veterans assemble to share their experiences

RYAN TAPLIN/METRO HALIFAX



▶ Second World War veterans Leonard Whiffen (left) and Norman Purcell pose for a photo at Pier 21 yesterday.

Second World War veterans and their stories filled Pier 21 yesterday and Sunday.

The gathering was part of The Memory Project: Stories of the Second World War. Spearheaded by the Historica Dominion Institute, the project is a growing collection of memories and artifacts from Canadian veterans. The stories and digital versions of the memorabilia are available to the public online. The Memory Project has been conducting interviews in cities across the country all summer. Davida Aronovitch, a spokesperson for the project, says that they were overwhelmed with the turnout in Halifax.

Norman Purcell was one of the veterans eager to share his experiences with The Memory Project.

"Nowadays, the way the world is, a lot of young people don't realize what's going on in the world," says Purcell, who regularly speaks to students of all ages about his time as a combat engineer. The Halifax native served as a member of the A company of the Regina Rifle Regiment and recalls being the only Nova Scotian on his platoon.

"We had a rough day on D-Day, but we made it. There were only about five of us left. I still say I'm no hero, I'm a survivor," says Purcell.

Leonard Whiffen visits three or four schools in Halifax every November to share his experiences in the Second World War.

"It means a lot to me, but it means a lot to them as well. I think it's very important that the children of today are told about these World War Two episodes," says Whiffen.

Originally from Bonavista, N.L., Whiffen spent six years overseas with the Royal Navy.

The Memory Project has visited all 10 provinces and one territory so far, collecting over 1,500 stories in person and over the phone.

ALLISON SAUNDERS

News in brief

Council puts off discussion

BIOSOLIDS. Halifax Regional Council has put off its discussion about using treated human waste as fertilizer for another day. A staff report on the municipality's use of biosolids was scheduled to take place this afternoon, but a number of councillors could not make the meeting, according to Coun. Dawn Sloane.

ALEX BOUTILIER

Teen charged in incident

ENFIELD. Teens up to no good allegedly caused more than $1,000 damage to a club in Enfield on Sunday afternoon. RCMP officers responded to the Lions Den after a call reporting four teens were throwing beer bottles into the woods and urinating into a nearby pond. Police found the teens and charged one of them, a 16-year-old male, with break and enter, theft, mischief, possession of stolen property and failing to comply with a probation order.

JENNIFER TAPLIN

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Athletes arrive in Delhi — ready or not

Frantic efforts get athletes' village ready in time Canadians told not to go out in team uniforms

The first wave of Canadian athletes at the troubled Commonwealth Games are arriving to "adequate" accommodations.

First to land are flag-bearer Ken Pereira and the men's field hockey team, the women's table tennis team, several shooters, the gymnastics team and the last of the Canadian mission staff. All were due to touch down mid-evening Delhi time.

A team spokesman says the Canadians will stay at the athletes' village.

"Now we are functioning day-by-day. Every day we prepare the rooms for the athletes arriving the next day. It's really touch-and-go, but they are all staying at the village," said Canadian press attache Yan Huckendubler.

Huckendubler said the rooms are clean and outfitted with necessities.

"It's adequate," he said. "Certainly much better than the state we found a week ago."

Alistair Whittingham, an archer from Scotland, said conditions were better than he had expected.

"I have stayed in much, much worse accommodation during tournaments elsewhere in the world," Whittingham said.

Like the British, the Canadian athletes have been told not to wear team uniforms while out sightseeing in the city.

The RCMP advice is: "Avoid going outside because it's a completely different environment," said Huckendubler.

THE CANADIAN PRESS

ASSOCIATED PRESS/MUSTAFA QURAISHI



▶ Field hockey player and Canadian team flag bearer Ken Pereira, centre, and other team members arrive at Indira Gandhi International Airport for the Commonwealth Games in New Delhi.

Segway maker dies riding vehicle

A British businessman who owns the company that makes the two-wheeled Segway has been found dead in a river in northern England after apparently falling off a cliff on one of the vehicles, police said yesterday.

The body of Jimi Heselden, 62, and a Segway personal transporter were found in the River Wharfe and he was pronounced dead at the scene, West Yorkshire Police said.

A witness reported seeing a man fall Sunday over a nine-metre drop into the river near the village of Boston Spa, 225 kilometres north of London. THE ASSOCIATED PRESS

Stimulus worked: Report

The federal Tories say their $62-billion stimulus package has saved or created almost 200,000 jobs since the beginning of 2009. In its sixth update on the package, the government says it has now committed funding to 23,000 infrastructure projects across the country.

THE CANADIAN PRESS

RYAN REMIORZ/THE CANADIAN PRESS



▶ Finance Minister Jim Flaherty says it's time to move on from the stimulus plan.

Youth smoking still decreasing

Smoking rates appear to be on the decline among teens and young adults, according to a release from Statistics Canada yesterday.

Data from the 2009 Canadian Tobacco Use Monitoring Survey revealed that 18 per cent of respondents aged 15 and older reported smoking either daily or occasionally.

That's unchanged from 2008, but down from 25 per cent in 1999.

The smoking rate among youth aged 15 to 19 was 13 per cent, down from 15 per cent in 2008.

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Canadians 'window shop' online

Statistics Canada says Canadians will research products online but go to a retail store to make the purchase

Online shopping is becoming mainstream, but more than half of Canadians still use the Internet to "window shop" or research products before they buy, says Statistics Canada.

THE CANADIAN PRESS

Social media

A new report by BMO indicates one-in-three firms are using relatively new social media to help their businesses.

Technology. Tablet



Models show Sharp Corporation's Galapagos E-book Reader during a press conference yesterday.

SHUJI KAJIYAMA/THE ASSOCIATED PRESS

Sharp unveils e-reader

The Galapagos E-book reader home type has a 10.8-inch high resolution LCD, right, and its mobile type has a 5.5 inch LCD, left. Sharp Corp. plans to start their e-bookstore service in December, 2010.

RIM makes 'play' for tablet market

The Canadian company that gave us the BlackBerry – still the dominant phone in corporate circles – thinks its business customers will have room in their briefcases for at least one more device: the PlayBook.

Research in Motion Ltd. showed off the tablet for the first time yesterday and is set to launch it early 2011, with an international rollout later in the year.

With it RIM is betting on a smaller, lighter device than Apple Inc.'s iPad, which kicked-started the tablet market when it launched in April.

THE CANADIAN PRESS

Market moment

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TRYING TO STAY CIVILIZED IN THE CITY

She says ...

JESSICA NAPIER



I'm going to let you all in on a little secret. Sometimes I purposefully hold the door-close button on the elevator.

Yes, even when I can hear someone coming. Because you know what — I want to ride up alone. I live on the 20-somethingth floor and I don't want to have to wait for five hours while every single person in the building finds their way home.

Now you're thinking that I'm pretty rude and guessing (correctly) that I did not grow up in a small town. In fact, I spent a good number of formative years in large, dirty cities where the people are as obnoxious as the air is polluted.

But here's my theory: It's not that city folk are rude; it's that *people* are rude. There are just so many of us living, working and breathing in such close proximity in the city that you're bound to notice offensive behaviour more frequently.

In fact, as impolite as we might seem, there is actually a strict code of conduct when it comes to urban living. Walk fast, tip more than you should and always, *always* stand right and walk left on the escalator.

"In fact, as impolite as we might seem, there is actually a strict code of conduct when it comes to urban living. Walk fast, tip more than you should ..."

It's a lot to learn, but I like to think of myself as a master of downtown decorum. However, every once in a while I am presented with someone who makes me question my etiquette expertise.

You've all met her, of course. She often shows up on a crowded bus or subway. I'll call her questionably pregnant woman. She's usually outfitted in a baggy sweater or an ill-fitting ensemble that makes her look heavy around the midsection but without the obviousness of a baby bump.

Questionably pregnant woman always seems to hover directly over me on my morning commute, leering at me in my prime individual seat.

Here's the problem, if I don't give up my seat for her I'm a selfish brat. But if I do offer the seat and she's not pregnant, I'm now a bitch who's hurt her feelings by suggesting that she looks like she has a baby on board.

In my opinion, it's better for her to think I'm rude and unwilling to relinquish my seat than for her to spend the rest of the day fretting over her BMI.

So next time you see me firmly rooted in my plastic chair while you're standing en route just remember … I'm actually trying to be nice.

Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDER



Examine all alternatives

Letters & Tweets

Re: Buy local: At what cost? (Sept 24)

TORONTO. In his most recent column, David Descôteaux argues that buying local creates grave harm on our society by essentially eliminating the comparative advantage of nations.

He goes to some length to explain that adopting a "buy local" strategy will hurt our pocketbooks.

In a feeble attempt to address the obvious advantages of buying local, he writes, "Buying local can, sometimes, help the environment. But its virtues stop here."

This glib denunciation of one important tactic to protect our planet, and hence ourselves, is perplexing to most rational citizens. It is undeniably clear that our planet faces environmental distress due, in large part, to our insatiable appetites and utter disregard for how products are created and transported. This lack of forethought has left us with a tenuous future.

It is simply illogical to assume that current consumption patterns can sustain themselves in the long run. The choices we make, in terms of our purchases, leave future generations in dire peril. It is time to examine all available alternatives, including buying local. **JIM BELO**

The choice is yours



What is your idea of a romantic date?

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Metro Minute at the Living Room

Get comfortable and Live In at the Living Room next week. It's a month-long cultural event hosted by DaPoPo Theatre at Theatre Nova Scotia's Living Room on Agricola Street. There will be readings of plays by local writers, workshops, social events and performances. Also catch the workshop production of The Halifax Hearings, which is a theatrical piece DaPoPo is devising for performance in November at a cultural festival in Berlin, Germany. DaPoPo has an open-door policy for emerging artists to work with professional directors, designers and performers. The group is committed to making theatre accessible to a wider Halifax audience.

METRO HALIFAX

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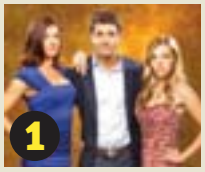


▶ The DaPoPo Theatre is hosting Live In at the Living Room.

TOP 5

Best new TV shows to watch this fall

Primetime is packed with new series ◗ And your DVR is already overloaded ◗ What to make room for next to your returning favorites



1 Lone Star

It makes total sense that two women have fallen in love with Texas con man Robert Allen — actor James Wolk is irresistibly charming and infinitely watchable as a talented swindler struggling to break free from his dad's crooked shadow and make a go at a (relatively) honest life with both women.

"I've been in love and know what that feeling is like, so for the character, I kind of multiplied that by two," Wolk says.

Despite anemic ratings in its debut Lone Star is a show worth checking out— **this critical darling airs Mondays on Global and Fox.**



2 Boardwalk Empire

In one word: gorgeous. Creator Terence Winter and his crew — including Martin Scorsese, who directed the pilot — have paid attention to sumptuous detail in this historic drama recreating Prohibition-era Atlantic City.

"Alcohol was perfectly acceptable until January 15, 1920, and the next day it's illegal; so not everybody got on board. It's as if tomorrow orange juice is outlawed — now I'm bad because I drink orange juice? The difference between good and bad was blurred," explains Winter, who knows a thing or two about people living on the opposite side of the law — he was a writer on The Sopranos.

"Just because you're wearing a badge or you're a politician doesn't mean you're necessarily good, either," he adds.

After strong ratings for its premiere — and a quick pickup for a second season — **Boardwalk Empire continues to stroll Sundays on HBO Canada.**



3 No Ordinary Family

If you are looking for family fare with a twist than No Ordinary Family should be up your alley. The hour-long show is a mix of comedy and drama with some science fiction thrown in.

The totally average Powell family gain special ability after a plane crash in the Amazon River. Michael Chiklis (The Shield) plays the family's patriarch Jim, a police artist who gets super strength, while his TV wife Julie Benz (Dexter) is a scientist who gets super speed. **No Ordinary Family airs Tuesdays on ABC and CTV.**



4 The Event

Is the event a military cover-up? Who are those scientists? And why is the adorable Jason Ritter holding a gun? Though the pilot of this conspiracy thriller was tedious in its time-jumping structure, the final scene payoff was worth it — even if it posed another head-scratcher. Those who followed through will be rewarded handsomely in episode 2, promises executive producer Evan Katz.

"We're very cognizant of the audience's patience, of rewarding the audience," he says. "The show's really designed to answer questions, to satisfy people, to keep them hooked, frankly, but yet keep posing questions. We're keeping mysteries open, but we're solving them. And more specifically, in the second episode we are very clearly answering the two largest open questions in the pilot. **The Event airs Mondays on NBC.**



5 Raising Hope

Newcomer Lucas Neff is all wide-eyed innocence as a slacker who finds out he fathered a kid with a convicted killer and is determined to do right by his little girl. "You don't want to poke them or insult them or anger them," Neff offers of the parenting motto on set. "Just make sure they eat regularly and don't sit in their own foods for too long."

It's a kooky premise that gets more absurd when you meet his blue-collar family — a chain-smoking, maid mom (Martha Plimpton); prankster dad (Garret Dillahunt); and grandmother who apparently doesn't own a shirt (Cloris Leachman) — but it makes sense since this sitcom's from My Name is Earl creator Greg Garcia. **Watch on Global and Fox.**


AMBER RAY
SCENE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

Cast mates support The Situation

Mike "The Situation" Sorrentino survived his first ballroom dance and he of the etched abs says he's determined to shine on Dancing With the Stars — especially with his Jersey Shore cast mates cheering him on.

The 32-year-old reality star made his debut on the hit ABC dance competition last week and landed in a three-way tie for last place with comedian Margaret Cho and actor David Hasselhoff. But he escaped elimination when Hasselhoff was ousted.

This week, he faces fellow survivors Jennifer Grey, Florence Henderson, Kyle Massey, Rick Fox, Kurt Warner, Brandy, Michael Bolton, Audrina Patridge and Bristol Palin.

Jersey Shore co-star Ronnie Ortiz-Magro says he wishes Sorrentino the best, but will only come to the Dancing ballroom "if they want to fly me out and pay for me to go."

Fellow cast mates Jenni "J-Woww" Farley, Sammi "Sweetheart" Giancola and Paul "DJ Pauly D" DelVecchio, however, said they'd be happy to leave Jersey briefly to support their pal in person. But he better do well, they said.

Ortiz-Magro said he'd be willing to text in a vote for Sorrentino.

"I hope he just tries his hardest, and he doesn't embarrass himself," Ortiz-Magro said.

"Or us," Farley added.

THE ASSOCIATED PRESS

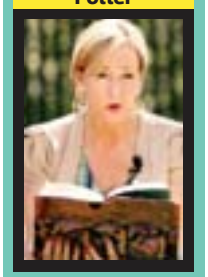
GETTY IMAGES



▶ Mike "The Situation" Sorrentino will need to step it up if he wants to stay around on Dancing With the Stars

2 scene

Potter



Will J.K. Rowling write another book about Harry Potter?

That's among the topics discussed on Oprah Winfrey's first interview with the author, whom she met recently in Edinburgh, Scotland. The interview will air Friday on Winfrey's television program.

Forbes magazine has ranked Rowling as one of the richest women in Britain, with an estimated wealth of $1 billion.

THE ASSOCIATED PRESS



Simon Pegg, Michael Fassbender among voices for next Fable video game

DVD Releases this week Buy it ●●●●● | Rent it ●●●● | Borrow it ●●● | Yawn ●● | Don't bother ●

Sequel gets rusty

Iron Man 2
Genre: Action
Director: Jon Favreau
Stars: Robert Downey Jr.
●●●



The first Iron Man found hilarity and energy by making it very plain just how much it was about the priapic Mr. Stark, whom Robert Downey Jr. invests with satanic allure.

For once, we had a superhero who wasn't fretting about the rights and wrongs of blowing up bad guys and saving the world. Instead he plotted how fast he could slip between the sheets with an admiring hottie.

Returning director Jon Favreau seems to have forgotten that the sun really does rise and fall on Downey's charms. Favreau and screenwriter Justin Theroux lard the script with a baffling array of characters and subplots.

There are still a lot of laughs, often punctuated by the "clank" of that über-cool outfit, but some of the jokes are a little rusty and the dialogue often runs to mere verbiage.

On paper, Mickey Rourke seems like an appropriately insane adversary. He's Ivan Vanko, a Russian mastermind with an aversion to soap and shampoo but a real knack with a soldering iron. He whips up his own S&M version of the Iron Man outfit.

Vanko has a grudge against Stark because of unsettled ancient business between Stark's arms-dealing daddy Howard (played in flashback by Mad Men's John Slattery) and Vanko's pa, who wasn't exactly lily-white himself. But both dads are now dead, and Vanko is peeved beyond what anyone can fathom.

Meanwhile, as they say in Comicsville, the story creaks with other distractions. Stark has to defend his good work before the U.S. Senate armed services committee, where he amusingly tangles with flapdoodling liberal Senator Stern (Garry Shandling) and conniving rival arms trader Justin Hammer (Sam Rockwell).

The franchise still has a lot of spark, but next time they need to clean the corrosion off the batteries.

Extras include a director's commentary, deleted scenes, alternate opening and numerous making-of featurettes.

PETER HOWELL

Frozen
Genre: Thriller/Horror
Director: Adam Green
Stars: Emma Bell, Kevin Zegers, Shawn Ashmore
●●●½

Frozen reminds us that you don't need much to make a good scary movie. Just a strong story, good actors and an abiding sense of how things dangle in the dark.

Taking a dramatic turn from the slasher hilarity of his breakthrough feature Hatchet, writer/director Adam Green plays it straight with a script that has the virtue of simplicity.

Pals Dan (Kevin Zegers), Joe (Shawn Ashmore) and Parker (Emma Bell) are three pals looking for cheap ski thrills. They've managed to scam one last run down a mountain from a lift operator who is anxious to get home.

The operator warns them that bad weather and nightfall are both closing in, and the mountain must be shuttered until the following weekend. Dan, Joe and Parker promise they'll be right up and down.

Things don't go as planned, and that's putting it mildly. Not much more of the plot can be revealed, except to say that there's perhaps no more lonely spot on Earth than being attached to a slender wire high above a dark mountain.

The tension is almost unbearable. One actor loses a glove, and it registers like a grenade strike. But hypothermia isn't the most immediate threat facing the three stranded skiers.

We are given a few minutes to get to know Dan and Parker, who are boyfriend and girlfriend, and Joe, who feels like a fifth wheel. Dan is bossy, Parker is coy and Joe is a little moody.

Then it's straight up that mountain, where time stands still.

PETER HOWELL







Ashton, Demi not afraid to show the love

Couple staying strong despite rumours of Kutcher's infidelity Moore gets affectionate with her man

In the midst of allegations of his infidelity, Demi Moore and Ashton Kutcher are ramping up their public displays of affection.

While hitting up a house party recently with Moore's 16-year-old daughter, Tallulah, the couple was looking incredibly cozy, according to Us Weekly.

"At one point, Demi seemed very comfortable and sat on Ashton's lap," a source says. "Then she leaned back and was laying down all the way across his knees. She was not shy at all about being affectionate and didn't seem to care about people watching. It looked like she wanted to show everyone that they are very much together."

METRO

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▶ Despite talk to the contrary Ashton Kutcher and Demi Moore are still together.

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EYE HEALTH

Vision for the Future

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The Canadian Association of Optometrists

metro

Start right with your child's sight

The first five years of your child's life are filled with milestones—many of them visual. As a parent, you can encourage development of good visual skills from the start, by keeping 'reach and touch' toys within your child's focusing distance (about 20 to 30 cm for infants), alternating right and left sides with each feeding, and talking to your baby as you walk around the room. Hanging a mobile above the crib or change table helps, too.

But despite parents' best efforts, an estimated 10 per cent of children still start school with a vision problem. This is why the Canadian Association of Optometrists recommends children have their first eye examination at only six months of age.

This eye exam goes far beyond a sight test. It includes a review of your child's health and vision history; rules out ocular diseases; and tests for visual acuity, refractive errors, near- and farsightedness, astigmatism, crossed-eyes, eye coordination, focusing ability, eye movement control, depth perception, and colour vision. If no problems are detected, your child should be examined again after age three.

AMBLYOPIA

One of your optometrist's main concerns will be amblyopia ('lazy eye'), a condition affecting two to four per cent of children. Amblyopia occurs when the vision in one of your child's eyes is blurred. Over time, this eye becomes underused. Treating amblyopia typically involves placing a patch in front of the child's good eye, stimulating use of the weak eye and making it stronger. The earlier it is diagnosed, the greater the chance for a complete recovery. If patching is poorly tolerated, or unsuccessful, prescription eye drops may be used to temporarily blur vision in the good eye. Corrective lenses may also be necessary.

What are you staring at?

Desktops, laptops, PDAs—you rarely go a day without staring at a screen of some kind, often for a bit too long. Fortunately, a few changes to your viewing routine can minimize eye strain while allowing you to finish whatever work (or play) that needs to get done.

Most people blink about half as often while looking at a computer screen as they would otherwise. This causes their eyes to dry out quickly. Make sure to use artificial tears or gels to prevent dryness, or better yet, adopt the '20-20-20 rule': every 20 minutes, take a 20-second break from your computer screen and focus your eyes on something at least 20 ft (6 m) away.

Correct positioning of your computer, keyboard, and typing copy is essential too. Your screen should be positioned about an arm's length from your eyes and 20 degrees below eye level.

Glare is another serious cause of eye strain. Employ diffuse, not direct, room lighting to reduce glare. Consider an internal or external glare screen to reduce it even more. Don't forget to set your colour, contrast, and brightness to the proper levels as well.

When it comes to your eyesight, smaller isn't always better. Many people strain to see the tiny text and images displayed on their PDAs, cell phones, and other handheld digital devices. These screens may also be quite dim. As with larger screens, the key is to limit use, take frequent breaks, and remember to blink. Computer-related eye strain can be especially bad if you have pre-existing vision problems. If you're near- or far-sighted, have an astigmatism, or wear bifocals, trifocals, or progressive lenses, your eyes may have to work harder to maintain a clear image on the screen. Following a thorough (and painless) eye exam, your optometrist can advise you on the safest, most comfortable ways to work and play in front of the computer. And if you wear glasses, don't forget to ask about lenses designed specifically for heavy computer users.



Assessing your child's vision

Children rarely complain of vision problems, in part because they assume everyone sees the way they do. In between regular eye health check-ups, watch for these signs of potential problems:

- *Turning or tilting of the head to use only one eye*
- *Red, itchy, or watery eyes*
- *Frequent headaches*
- *Academic performance below your child's potential*
- *Avoidance of close work; dislike of reading*
- *Holding reading material closer than usual; omitting or confusing small words; using a finger to maintain one's place on the page; making frequent reversals when reading or writing*

Finally, don't assume your child sees well just because he or she can pass a vision screening with a 20/20 score. This only means your child can see at 20 feet what she or he should be able to. It is not a guarantee your child's eyes are healthy and disease free.



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Eye safety begins at Home

Your home may be your castle, but that's no excuse to be careless. Do you put your eyes at risk every day, without even knowing it? Here's where you can find out.

In the kitchen, use a grease shield to prevent hot liquids from hitting your eyes. Point spray nozzles away from your face, and don't forget to aim that champagne bottle in a direction other than yours. When it's time to clean up, remember to wash your hands thoroughly after using any harsh chemicals and wear goggles if necessary. Should a chemical splash in your eye, immediately flush it with water, or any drinkable liquid. Hold the eye open if necessary, continue flushing for 15 minutes, then seek medical attention.

If you have a workshop in your garage or elsewhere, be careful of flying debris when using tools. If something does get in your eye, don't rub it. Try blinking the object out, hold your eyelid open to stimulate tearing, or flush with water.



Your garden can be another source of trouble. Make sure to trim (or at least duck) any low-hanging branches on your property. Pick up rocks and stones before mowing your lawn, and if using pesticide sprays, keep them pointed toward the ground.

Car maintenance carries its share of risks too—never have a lit cigarette in your mouth when opening the hood. Use a flashlight, not a match or lighter, to peek inside. Be wary of spraying air conditioner fluid and if jump-starting the car, don't lean over the battery while attaching cables. Wear goggles when performing body work; in fact, keep a pair in the car at all times. And remember: contact lenses are no substitute for proper protective eyewear.

Keep an eye out… for yourself



Remember when your mom or dad took you to the eye doctor? Maybe not—it probably didn't happen too often. But when it did, you can bet it was important.

Now you're on your own. Your parents don't make the rules, you do. And your parents don't book your appointments anymore, either. If you've got a vision problem, it's up to you to recognize it, and seek out an optometrist for help.

Has anything changed?

Ironically, vision problems can be hard to spot. We spend so much time in front of computer screens and stay up so late that fatigue and eye strain seem like credible explanations for everything. But sometimes, there's more going on. Here's just a few of the symptoms an optometrist would want to know about:

- Sudden spots, flashes of light; wavy or watery vision; blurry faces; haloes around lights; double vision.
- Shadows; black spots or blurriness in central or peripheral (side) vision.
- Changes in colour vision.
- Decreased vision in one or both eyes.

Since you're getting older, you may be at increased risk for Hyperopia (farsightedness). Although less common than Myopia (nearsightedness), Hyperopia becomes more prevalent the older you get. So does astigmatism, which can cause headaches and blurred vision at all distances. If you're diabetic, of African or Hispanic descent, have a family history of vision trouble or a previous eye injury, problems are more likely. Your optometrist can fill in the blanks.

But let's say you feel fine. You've still got to go for a checkup once in a while, right? That's what we grown-ups do. If you're under 64 and things are good, you should make an optometrist appointment every two years. And then, get back to the rest of your life.



Have you been framed?

It's as plain as the look on thousands of faces, city-wide: Retro glasses are in.

"People want to be seen," says Nellie Chung, president of Novus Optical, in Toronto. "They're buying thick frames in bright, bold colours—glasses you can't miss. Many are mixing and matching frames and arms of different colours, making them stand out even more. "

Consumers, it seems, don't want subtlety in their eyewear. They want frames that speak loudly about their personalities, marking them as individuals. Nerds are cool, don't you know? But some people see things differently.

"Our senior customers aren't as interested," explains Chung. "They can find heavy eyewear uncomfortable; plus, the thicker frames can make them look pale. For them, rimless glasses are a much hotter item."



Dropping out? You don't have to be a statistic.

If you need corrective eyewear, chances are you've considered contact lenses. After all, the 'clean look' will always be in. But not all Canadians stick with contact lenses over time. They're the 'dropouts'—men and women forced to give up their contacts due to discomfort. Fortunately, modern research has yielded new solutions, making monthly contact lens-wear a better balance of form and function.

Discomfort is often caused by dry patches and deposits, which can develop on the surface of your contact lens and lead to gritty sensations and itching. Their interaction with tear proteins can make the lens dirty, too. The key to eliminating this source of discomfort is establishing long-lasting moisture for your lens. Soaking your contacts in a solution such as OPTI-FREE RepleniSH keeps your lenses moisturized, clean, and comfortable throughout the day.





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3 life

Kush



A product that was developed to help prevent "nasty cleavage wrinkles" from creeping up between women's breasts appears to be busting out in Canada. The cylindrical plastic "pillow," called The Kush, is designed for large-breasted women who sleep on their sides to prevent wrinkles caused by the pull of gravity on their breasts.

THE CANADIAN PRESS



EU bans diabetes pill Avandia, U.S. restricts access due to heart attack risk

FLICKR CC SKIPPYJON



Falling back on track

Fall is looming and the clock to the winter is ticking. How do we stay in shape when we've lost the motivation that comes hand in hand with sunny days and endless nights



ROMINA McGUINNESS
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

1

Everyday things to get back on track

Start the day right. Have a breakfast that contains protein (eggs), healthy fats (nuts) and green vegetables (spinach). This will help keep you alert, burn fat throughout the day and keep hunger pangs at bay. Eat well. If we are eating well, our energy levels are high, our moods are positive and it's easier to get back into shape. Cut out all C.R.A.P (Caffeine, Refined Sugar, Alcohol, Processed foods).

Squeeze a fresh of lemon into a glass of water. It aids digestion.

2

Running out of excuses

The days are shorter, the weather is getting worse and we always seem to have a good excuse to avoid exercise, whether it's too wet, too cold or too windy. The truth is, there would need to be a blizzard to make exercising impossible, and for some people there is the option of the gym.

Instead of running yourself into the ground for nothing and treating exercise as a punishment, change your perspective.

Move. Spend at least 30 minutes a day doing some sort of movement or activity (running, walking, cycling).

3

Keep things rolling

Exercise first thing in the morning. Not only does this mean you get it out the way, it also means you will have a lot more energy throughout the rest of the day. Evenings will be dark and your energy probably sapped, so get moving as soon as you get up and get out whilst its getting lighter. This will also mean you get some sunlight first thing in the morning, which will up your mood.

Try something new. If you have spent the past year at the gym running or cycling in vain and without getting any results, then its about time you tried something new.

4

Give your body what it needs

One way to help improve our moods and to avoid common flu's and colds we tend to get during autumn and winter is to take a good quality fish oil an L-Glutamine. The essential fatty acids found in fish oil (specifically DHA) play a vital role in brain health and regulating our moods. L-Glutamine is a great immune system booster and helps to control sugar cravings. Mix one tablespoon into a glass of water when you wake up.



LUCAS OLENIUK/TORSTAR NEWS SERVICE



▶ Stem cells can now be made from a person's own skin.

Stem cells are 'crazy exciting'

CELIA MILNE
LIFE@METRONEWS.CA

Stem cells can now be made from a person's own skin.

Nowadays, scientists can take skin cells, reprogram them back into stem cells, and from there, grow them into heart, blood, pancreas, neuron and liver cells.

"It's crazy exciting," says Maryam Faiz, a post-doctoral student in neuroscience at the McEwen Centre for Regenerative Medicine at the University Health Network in Toronto.

Not long ago, the only known source of stem cells was embryonic tissue.

The drawbacks to this type of cell were a risk of rejection and ethical issues associated with using embryos.

"There will not be treatments for a long time, but this is an amazing research tool."
MARYAM FAIZ, A POST-DOCTORAL STUDENT IN NEUROSCIENCE AT THE MCEWEN CENTRE

These new cells — called induced pluripotent stem cells (IPSCs) — don't have these limitations.

IPSCs are being used to understand diseases like Parkinson's.

Scientists can take the skin cells of a Parkinson's patient, turn them back into stem cells, and then make neuron cells that actually contain the genetic code for Parkinson's.

"There will not be treatments for a long time, but this is an amazing research tool," says Faiz.

Promoting research of stem cell therapy

Actress, who had myelmoa, makes impassioned stem cell plea

CELIA MILNE
LIFE@METRONEWS.CA

Lisa Ray, the glamorous Bollywood actor and model once voted the ninth Most Beautiful Women of the Millenium, now stands at a podium talking about — of all things — stem cell transplants.

Ray recently received a blood stem cell transplant, and it has given her a second chance at life.

In 2009, at only age 37, Ray was diagnosed with multiple myeloma, an incurable form of cancer that affects the blood.

Normally, this cancer occurs in much older people. Ray, who starred in the 2005 Oscar-nominated film Water, is now cancer-free, as the transplant and other treatments put her disease into remission.

On a fall day in Toronto, Ray stands alongside some of Canada's leading scientists to passionately promote stem cell research. This evolving science will eventually transform treatments, not only for diseases of the blood, but also heart disease, diabetes, lung disease, leukemia, and spinal cord injury. Stem cells are the body's "starter" cells, which can be coaxed in the laboratory into developing into many different cell types.

The McEwen Centre for Regenerative Medicine at the University Health Network is at the cutting edge of stem cell research. At its high-tech laboratory in downtown Toronto, researchers create blood cells, like the ones transplanted into Ray, as well as heart, pancreas and liver cells. The centre shares its stem cells with other centres around the world.

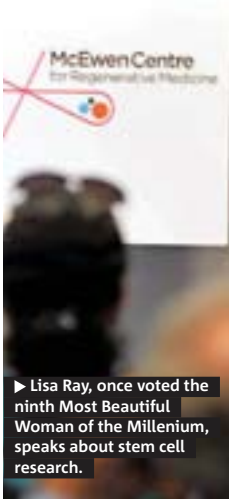
"We make the cells and allow our colleagues to do something interesting with them," says Dr. Gordon Keller, director of the McEwen Centre.

Stem cells

Here's how it works:

The science behind it The researchers start with basic stem cells. To the stem cells they add various substances and coax those cells to divide and grow into either blood cells, liver cells, heart cells, pancreas cells or cells that make insulin. Blood stem cells are already being used for transplantation.





▶ Lisa Ray, once voted the ninth Most Beautiful Woman of the Millenium, speaks about stem cell research.



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Tips

- **Make the right choice** Non-drowsy antihistamines can start to work in as little as 20 minutes.
- **Goodbye pollen** By taking a shower after coming in from the outdoors, you can minimize exposure and reaction.

Ragweed runs rampant in fall

What allergy sufferers need to know about dreaded plant and how to avoid it Why the first frost is something to look forward to

From August to October, seasonal allergy sufferers have one thing to worry about when heading outdoors — ragweed.

As many Canadians know all too well, the allergen runs rampant in the fall months resulting in itchy and watery eyes, runny noses and sneezing.

Many people often mistake goldenrod for ragweed — but the two are very different plants. Goldenrod, with its yellow blooms, is often blamed for causing seasonal allergies, when the unremarkable ragweed plant with its toothed green leaves and small, inconspicuous flowers is the real culprit.

DANIEL HULSHIZER/THE CANADIAN PRESS



▶ Ragweed in particular is an allergen that is specific to the fall season in central and eastern Canada, since it generally blooms from August to October.

Ragweed is often found along the road, in fields and vacant lots in urban centres. It's a stubborn plant and since its pollen can travel for hundreds of kilometres, it's difficult to avoid.

"Having a good antihistamine on hand is also a must – I recommend non-drowsy options like Reactine"
DR. ROSS CHANG

"I always tell my patients to avoid peak pollen times in the fall, which are generally in the early part of the day," says Dr. Ross Chang, allergy specialist. "Having a good antihistamine on hand is also a must — I recommend non-drowsy options like Reactine, which can start to work in as little as 20 minutes and lasts a full 24 hours."

While ragweed may be a nuisance, the good news is the suffering will end with the first frost. So, allergy sufferers, you can happily look forward to the first cold night.

NEWS CANADA







A rustic, hearty dish for the brisk fall weather

THE ASSOCIATED PRESS



▶ Rustic mushroom and potato soup.

This rustic and hearty soup with potatoes and wild mushrooms is a quick and delicious autumn dish to warm tummies on a cool evening.

Ingredients :

- 30 ml (2 tbsp) butter
- 1 onion, chopped
- 500 g (1 lb) wild mushrooms (such as shiitake or oyster), thinly sliced
- 4 cloves garlic, minced
- 15 ml (1 tbsp) chopped fresh sage or thyme or 5 ml (1 tsp) dried
- 1 ml (1/4 tsp) salt and pepper
- 1 bag (750 g) frozen potato chunks
- 125 ml (1/2 cup) dry white wine
- 1.25 l (5 cups) vegetable or chicken broth
- 50 ml (1/4 cup) chopped fresh parsley
- 5 ml (1 tsp) hot pepper sauce
- 125 ml (1/2 cup) shredded Asiago cheese (optional)

Preparation:

1. In a soup pot or large saucepan, heat butter over medium-high heat and cook onion, mushrooms, garlic, sage, salt and pepper for about 10 minutes or until it is beginning to become golden and onion is softened.
2. Add frozen potatoes to pot and stir to coat with mixture. Add wine; stir and cook until wine has evaporated. Add broth and bring to a boil. Cover and simmer for about 10 minutes or until potatoes are very tender. Stir in parsley and hot pepper sauce.
3. Ladle into soup bowls and sprinkle with cheese, if using. Makes 6 to 8 servings.

THE ASSOCIATED PRESS

Liquid assets

Any time for white wine



PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA

One of the many, many old wives tales about wine is that for some reason white wines take a back seat to reds when fall arrives.

I'm going on record saying that every day is a good day to drink white. The weight of an oaky chardonnay certainly works with all four seasons, but let me also push the versatility of German riesling.

Soft, slightly sweet (in a juicy apple fruit sense) and undeniably gulpable the Schmitt Söhne 2009 Relax Riesling ($11.95 - $13.13) is a, well, relaxing wine perfect for fall.

Prices reflect the range across the country. Some products may not be available in all provinces. Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years.

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COUPLE MADE AN INSTANT CONNECTION ON FIRST DATE

How We Met: Dragan & Margarita

Names: Dragan, 30, and Margarita, 25

Hometown: Stoney Creek, Ont., and Toronto

Together since: February 2010

Their story:



▶ Dragan and Margarita made an instant connection on their first date.

"Just when I (Margarita) was about to give up on online dating — thanks to MANY disappointing dates — I received a message from Dragan.

"The outdoorsy photos on his profile really caught my attention. After just a few chats, I asked if he wanted to talk on the phone.

"He passed my 'phone test' brilliantly by calling right away and suggesting we meet in person.

"On our first date, we went out for drinks and nachos, and we had a great time playing a question and answer game to learn more about each other. There was instant chemistry between us. For the first time in months, a first date was exciting again!

"Soon after, we took our first trip together to New York City — and proclaimed our love to each other on the way back to Toronto. We love spending our weekends together — rollerblading, cooking, going out or just cutting the lawn. I couldn't have dreamt of having such a perfect life companion: Dragan is loyal, smart, active and hardworking. I can say with a confidence that I found 'the one'.

"Finding love online is possible. Maybe kissing a few frogs is worth it in the end!"

WE WANT TO KNOW HOW YOU MET! GO TO 2FORCOUPLES.COM NOW TO SUBMIT YOUR LOVE STORY.

Splitting up can be good to do ... on vacation

It's a common dilemma for travelling couples: one wants to stay at the museum, the other would rather go to the beach, the hotel, the cafe, basically anyplace else. What to do?

A recent post to Fodor's online Europe forum was titled: My husband spends too long at each tourist attraction.

"I guess my husband and I are not travel compatible," wrote WorldTraveler1024. "I like travel but get so frustrated with him when we visit museums, historic and scenic sites. For example, he will go into a museum or an art gallery and insist that we spend basically the entire day there. After three or four hours I am getting bored and ready to move on to the next attraction but he is just getting started ... Finally we leave and I am so happy to get out of the place and he feels like he was being rushed!"

That prompted numerous replies. Here's a sampling, offered in case any of the advice proves useful to others:

— My husband is like yours, he has to read every label, see every exhibit, microscopically inspect every display. Luckily he is not overly keen on most museums, or on cities, but he is a pain when we do visit one.

— My husband and I split up sometimes. I go shopping or take a tour, he hits the casino or the pub. After a big fight on our first trip to Europe, we figured out we don't need to be joined at the hip.

— My wife reads every description including how to use the fire extinguisher.

THE CANADIAN PRESS

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From suburbia to superstardom

Plaskett still fond of teenage home

JON TATTRIE
FOR METRO HALIFAX

Clayton Park produced Joel Plaskett, one of Canada's top rock stars. In honour of his current album, Three, Metro asked Plaskett three questions about the suburb.

What was your favourite Clayton Park hangout as a kid?
I liked hanging out at the Northcliffe Park with my friends. We'd go to the McDonald's at the Clayton Park shopping centre where our friend, who worked there, would give us free hamburgers through the drive-thru window.

How did its breed of suburbia influence your music?
It was as good a place to grow up as any, but I suppose being from the suburbs gave me a feeling of being outside of the city and the scene downtown. There were more places to disappear to back then, before all the development.

If Paul McCartney came back to Halifax, where in Clayton Park would you take him?
I'd probably see if that friend was still working at the McDonald's drive-thru and then see if some university student would buy us a bottle of Golden Glow from the Rockingham Ridge liquor commission.

Clayton Park sound

Joel Plaskett became Halifamous as the frontman for the 1990s band Thrush Hermit.

A desktop signed by the group was displayed at Clayton Park Junior High years after the guys graduated. The band's second album, released in 1999, was called Clayton Park. The band broke up the same year and Plaskett went solo for a stint before hooking up with the Emergency.

In 2009, he opened for Paul McCartney. He's not forgotten his Clayton Park roots, though. His 2007 album Ashtray Rock is named for a forest hang out in the area. JON TATTRIE

SUBMITTED/INGRAM BARSS



"I suppose I've written about Clayton Park and my experiences growing up because I like the idea of immortalizing a fairly plain place filled with memories and interesting people."
JOEL PLASKETT

▶ Joel Plaskett was the frontman for '90s band Thrush Hermit from Clayton Park.

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Lacewood Transit Terminal at capacity

RICHARD WOODBURY/FOR METRO HALIFAX

RICHARD WOODBURY
FOR METRO HALIFAX



▶ The Lacewood Transit Terminal was originally built as a temporary one in 1991.

Plans are in the works to relocate and expand Metro Transit's Lacewood Transit Terminal.

"It's a very busy terminal," says Lori Patterson, Metro Transit's spokesperson.

In operation since 1991, the terminal was originally meant to be a temporary location.

"As you can imagine, our service has grown substantially since that time and the number of commuters in that area [has also grown substantially as well]," says Patterson.

The terminal is located at the corner of Lacewood Drive and Willett Street. It currently operates at capacity and cannot be expanded.

Without an expansion at another location, Metro Transit will be unable to expand its service offerings in the area. One of those services is a MetroLink line.

A MetroLink line for Clayton Park would travel to and from downtown Halifax.

Three locations are under consideration for the new terminal. One is on Lacewood Drive between Willett Street and Radcliffe Drive. The second location is an open space area on Willett Street and the final location is on Dunbrack Street at the Northcliffe Centre site.

Transit user OK with move

One transit user is open to the idea of replacing the Lacewood Transit Terminal. "If they're planning on enlarging the terminal and there will be better bus routes, then I'd be OK with that," says Antoinette Davis, a Masters in International Development Studies student who uses the bus to commute to university. A lifelong transit user, Davis thinks more work needs to be done to improve transit. "I think it could still be improved in terms of buses being on time and being more frequent," she says.

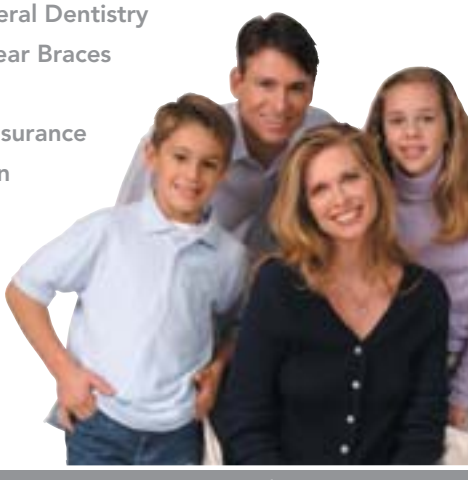


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Commuter suburb laying down roots

Clayton Park offers mix of old and new within 20 minutes of Halifax

JON TATTRIE
FOR METRO HALIFAX

Clayton Park offers a mix of old and new housing of all sizes located a 20-minute drive from downtown Halifax, making it a popular house-hunting location for a range of buyers.

Old Clayton Park, located roughly between Dunbrack Street and the Bedford Basin, was largely built in the 1970s and has larger lots with mature trees. Clayton Park West, located west of Lacewood Drive, was developed from the 1990s and features smaller lots with detached, semi-detached homes and townhouses.

Mobile or mini-homes are available for around $60,000 off Main Avenue and houses start around $170,000.

Peter Jeffery of Royale LePage says the older parts of Clayton Park (centred around Clayton Park Drive) offer single detached family dwellings (ranging from $200,000 to $1,000,000), semi-detached homes (averaging approximately $260,000), townhouses (averaging approximately $250,000) and condominiums (ranging from $140,000 to $400,000).

Newer homes around Parkland Drive are priced between $300,000 and $500,000 for large-sized three- or four- bedroom detached houses.

The area acts mainly as a dormitory suburb for workers driving or taking the regular bus services to downtown Halifax or Dartmouth or in the other direction to the Bayers Lake Business Park.

23,000
The approximate population of Clayton Park.



▶ Houses in older areas of Clayton Park are nestled into tree-lined lots in quiet residential areas.

Development building in Clayton Park

Clayton Park is one of the fastest growing areas in the Halifax Regional Municipality. While it has long been a mainly residential area, the increasing population has led to further development. The $40.5 million Canada Games Centre on Lacewood Drive will be a centrepiece for the winter 2011 games and then turn into one of the city's top recreational facilities. Featuring four pools (competition, leisure, hydrotherapy and one for small children) as well as a field house, track, cafe and a health and wellness centre, it will be open to the general public from spring 2011.

JON TATTRIE

Holocaust survivor speaks out in book

Philip Riteman continues mission to educate people about Nazi atrocities

JON TATTRIE
FOR METRO HALIFAX

After surviving the worst horrors of the Holocaust, Philip Riteman left his native Poland and moved to Newfoundland.

He worked as a salesman for 40 years and never spoke a word about the atrocities he witnessed, including the deaths of his entire family in Auschwitz-Birkenau.

Twenty years ago he accepted a friend's request that he speak at a school about his experience.

Riteman has since spoken to thousands and thousands of people across Canada and the U.S., including at Clayton Park junior high last year.

Release date

▶ Millions of Souls is being released by Flanker Press on Oct. 26 at Dalhousie University.

The Halifax west resident is releasing a memoir in October.

Riteman says he wants Millions of Souls to further the educational work he has done in telling people that evil can destroy lives anytime good people do nothing.

"I didn't really want to write a book," he says.

"My generation is almost gone. It's my obligation to tell the young generation evil could come again to them, to their children, to their grandchildren. Evil is always around."

He told his life story to Mireille Baulu-MacWillie, a retired Montreal professor, over six months.

Riteman says meeting twice a week for three hours was exhausting and difficult, but he's satisfied with the final result.

"I feel relieved. People should know what happened," he says. "You can't even imagine how bad it was."

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Fun and Frugal



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LOYALTY CAN PAY OFF

According to Canadaloyalty.com, the average Canadian consumer carries six different loyalty cards in the hopes of saving money or getting free stuff. The purpose of a loyalty program is to persuade you to change your buying behaviour — consume more than you would in the absence of a program, and ideally from the same vendor. It's tempting to turn ordinary purchases of groceries, fuel or shoes into something of value — free hotels and flights. However, these programs can be complex and may trick a savvy buyer into overbuying and overspending. Everyone loves free rewards, but not at the expense of your financial plan.

It only makes sense to join a loyalty program if you're already a loyal shopper, thus it's meaningful and you earn rewards for purchases you'd otherwise have made. For most Canadians, this means accumulating credit card or airline points.

But remember: Rewards shouldn't drive your purchase decisions. Good financial planning should; have only one or two credit cards and avoid carrying a balance. Does the purchase help build your net worth? If it doesn't, think again.

'Tis the season to get great deals

Alison's seasonal money rule ● Nothing beats the fall for dollar stretching opportunities

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA



Fall is a wonderful time to enjoy hiking, biking, gardening and cooking with the wealth of seasonal produce now available. It's also a great time to stretch your dollar by shopping for supplies to do all of the above.

My shopping goal this fall is a bicycle. My 35 year old (yes, you read it right) road bike, an original Apollo Mark IV, met its end in a repair shop whose owners scuttled away in the middle of the night taking my beloved steed with them.

Now my mourning period is over I need to get back in the saddle and, fortunately, deals abound as the season winds down. Expect to save 20 to 30 per cent or more on bikes at most price levels.

ALASTAIR GRANT/THE ASSOCIATED PRESS



▶ Fall is the time of sales, so get ready to save!

Here are some other items that are a fall shopper's delight:

Al Fresco: Forget BBQs, instead look for reductions on patio furniture and everything to do with dining in the great outdoors. Selection can be sketchy but the trend today is mix and match.

RVs: If you are thinking about RV'ing next summer or want to upgrade from a tent, you'll find an array of mark downs especially on motorhomes.

Holiday gifts: Small decor items, candles, tableware and paper products that smack of summer can be 50 per cent off or more at this time of year but they are a delight to receive in the depths of winter.

Clothes: Fall into winter. Lots of clothing items that come out in mid-August for the fall will start being reduced in a couple of weeks to make room for winter fashions. Most fall pieces will work brilliantly right through the winter.

Perennials: Even though fall is absolutely the best time to plant shrubs, trees and flowers, the garden centres are forced to reduce prices drastically to clear out stock.

Downtown shopping: There are excellent buys in cities. Check out the tourism website of your favourite urban spot and look for packages that combine hotel, entertainment and dining.

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4 sports

Will he stay or go? Melo isn't saying

Anthony shows up at Denver media day wearing Nuggets jersey

Carmelo Anthony wouldn't come out and say he wants out of Denver. His inaction has indicated otherwise.

Anthony hasn't signed a $65-million US extension that's been on the table since June, leading the Nuggets to engage in trade talks for their superstar forward who has led them to the playoffs in each of his seven seasons.

The all-star fidgeted in his seat during media day yesterday and talked around questions concerning his future with the team.

"I'm here, man. I'm here today. Whatever the future holds, it holds," Anthony said. "Practice starts tomorrow and we'll go from there."

Anthony arrived wearing his white, powder blue and gold uniform.

But just how much longer he may be donning that jersey didn't get any clearer. He said he planned to be "committed 100 per cent" when training camp begins today.

"There's been a lot of speculation, a lot of rumours going on this summer about where I'm going to end up, the Nuggets want to trade me, I want to be traded," Anthony said.

"That's for my team and front office to discuss. I'm here to focus on basketball and training camp."

30.7

Number of points per game averaged by Carmelo Anthony last season, second only to Dwyane Wade's 33.2.

The Nuggets have been engaging in talks with teams interested in acquiring Anthony. A potential mega-deal with New Jersey hit a snag over the weekend, putting the Nuggets and Anthony in the awkward position of being together with camp set to start.

The new management team of vice-president of basketball operations Masai Ujiri and president Josh Kroenke began entertaining offers for their star when he let the three-year, $65-million contract sit without his signature.

Asked if signing the extension still remained a possibility, Anthony said, "Right now, I'm leaving my options open.

"At the end of the season, I'll sit down with my team, sit down with the Nuggets, we'll discuss it and go from there," said Anthony, who showed up at the news conference wearing no shoes.

He also insisted he's never requested a trade.

"I never once said that," Anthony said.

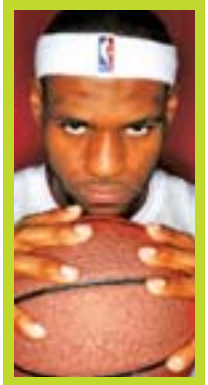
THE ASSOCIATED PRESS

DAVID J. PHILLIP/THE ASSOCIATED PRESS



▶ Carmelo Anthony has been linked to the New Jersey Nets in recent trade talks.

Quoted



"I don't want to keep harping about what people have said about me. But personally, I'm motivated by what has gone on this summer."

LEBRON JAMES, ON THE HOSTILE REACTION TO HIS MOVE TO MIAMI

"I think it took a tremendous amount of courage to take the step that he did. It is a step of faith to come to our franchise, to really sacrifice so many things."

HEAT COACH ERIK SPOELSTRA

Scan code for sports

Colts' president convinced 18-game NFL season is a go

Colts president Bill Polian believes the debate over an 18-game NFL season is over, and an expanded schedule will soon become a reality.

The competition committee member and former league executive twice said he expects the NFL to stretch its regular season by two games. He twice called the decision a "fait accompli" during his weekly radio show last night.

Player's thoughts

▶ Many Colts players, including four-time league MVP Peyton Manning, have argued that an 18-game season could be detrimental to the undrafted rookies who are trying to make the team.

"I think that the owners, and principally the commissioner, have decided that it's the way to go, and so the debate, such as it was, is over," Polian said.

Officially, nothing has changed. League owners and NFL Commissioner Roger Goodell have expressed support for cutting the pre-season schedule from four games to two and expanding the regular-season schedule from 16 to 18. But the format change hasn't been approved by either the owners or the NFL Players Association.

THE ASSOCIATED PRESS

Sports in brief



Famed NFLer Blanda dies

NFL. George Blanda, the seemingly ageless Hall of Fame quarterback and kicker whose 26-year career was best remembered for a remarkable run of late-game theatrics with the Oakland Raiders, has died. He was 83.

THE ASSOCIATED PRESS

Buffalo cuts Edwards loose

NFL. The Buffalo Bills have released quarterback Trent Edwards in a surprise move that came a week after he lost the starting job for a second straight season.

THE ASSOCIATED PRESS

Plekanec pots 2 in Habs win

6	2
CANADIENS	PANTHERS

Tomas Plekanec scored twice and the Montreal Canadiens beat Jacob Markstrom four times in the third period in a 6-2 pre-season win over the Florida Panthers last night.

Carey Price, who struggled in his first two starts of the pre-season, made 19 saves to pick up his first exhibition victory.

Florida opened the scoring midway through the first period on their second power play opportunity of the game. With Alex Henry in the box for high sticking, David Booth got a rebound in the slot and beat Price.

Moments before the goal, the Canadiens had an extended 5-on-3 advantage but failed to register a shot on goal.

Montreal evened things at 15:57 when Jaroslav Spacek fired a knuckler that hit Florida defenseman Dmitry Kulikov's skate and got by Tomas Vokoun stick side.

Plekanec put Montreal up 2-1 at 18:29 as he scored short-handed on a wrap-around after picking the puck up at his own blueline.

The Canadiens exploded offensively in the third with three quick goals in a span of 3:45 on Markstrom, who replaced Vokoun at the start of the period.

THE CANADIAN PRESS

Ruling raises issue with Moose coach

League slaps Hannay with additional three-game suspension for jumping Remparts forward Roy



MATTHEW WUEST
@METRONEWS.CA

METRO FILE



▶ Mooseheads defenceman Sawyer Hannay

The Halifax Mooseheads are having a hard time accepting the suspension of defenceman Sawyer Hannay.

The QMJHL handed down an additional three-game ban to Hannay after the 18-year-old defenceman served an automatic one-game suspension on Sunday against the Rimouski Oceanic for an aggressor penalty he was assessed in Saturday's game against the Quebec Remparts.

Hannay jumped Remparts forward Frederick Roy after Roy delivered a hard hit on Mooseheads rookie Martin Frk.

The Mooseheads don't necessarily mind Hannay's suspension, but head coach and general manager Cam Russell can't understand why Chicoutimi Sagueneens defenceman Andrew O'Brien wasn't suspended for a similar attack on Frk in a game on Friday.

"You've got a 16-year-old European (Frk) who doesn't know how to fight, his gloves weren't off, the refs didn't intervene and he was in just as much danger as Roy," Russell said.

"It's tough for us to see a top defenceman out for four games and not see O'Brien out for any games."

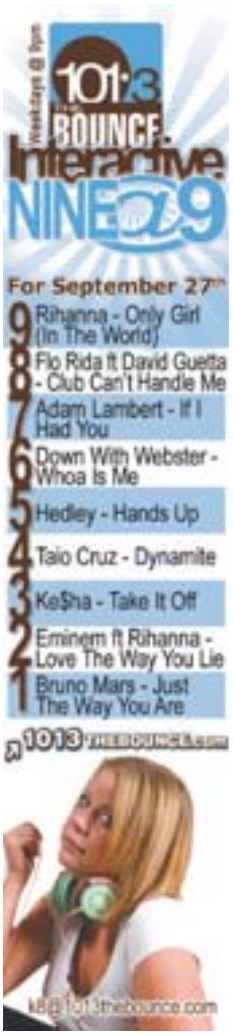
Russell, who asked the league to review the O'Brien incident, said the "video in Chicoutimi was so grainy" that it was hard to tell what happened between O'Brien and Frk. But that wasn't sitting well with him.

"It goes back to the old school of thought: If referees don't protect the players, the players have to do it," Russell said.

Home sweet home

▶ The Mooseheads, 2-6, are back at the Metro Centre on Friday at 7 p.m. against the Saint John Sea Dogs. They've been on the road for the past six games.

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Jays play spoiler role

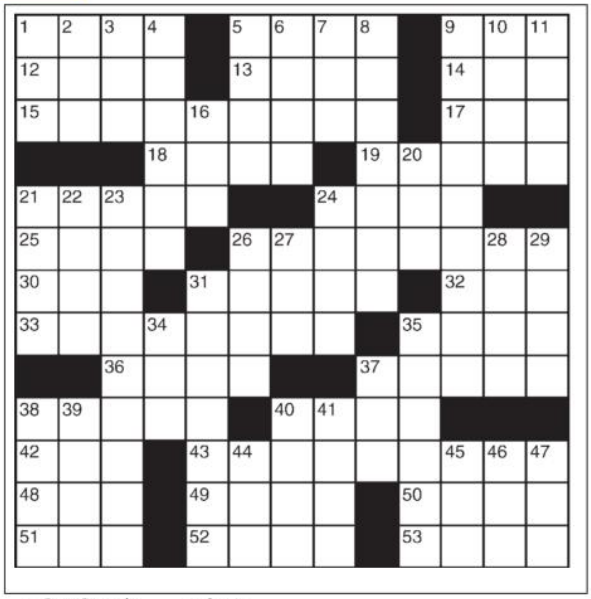
Blue Jays left-hander Marc Rzepczynski recorded eight consecutive outs by strikeouts last night as Toronto defeated the New York Yankees 7-5 at Rogers Centre.

The victory kept the Yankees from clinching a trip to the post-season.

Vernon Wells, with a three-run shot, and John Buck, with a solo blast, continued the Blue Jays' homer barrage, pushing the team total to 243, one short of the franchise mark established in 2000.

THE CANADIAN PRESS

Crossword



Across

1 Huck Finn's carrier
5 Staff leader?
9 Half a dance
12 Look lasciviously
13 Peru's capital
14 Communal pronoun
15 Aplenty
17 Last (Abbr.)
18 Nitwit
19 Long and lean
21 Aden's land
24 Brewer's oven
25 Smell
26 People on parade
30 Actress Lucy
31 Sweetheart
32 Buck's mate
33 Noted TV documentarian
35 Wild hog
36 Istanbul resident
37 Redhead's secret?
38 Thorax
40 High-decibel
42 Smack
43 Water sources
48 Hostel
49 Incite
50 Eye layer
51 Sch. org.
52 Privation
53 Gridlock noise

Down

1 Filch
2 Past
3 Winter woe
4 Sore
5 Movie sample
6 A bowl of cherries?
7 Ostrich's cousin
8 Mistaken idea
9 Anticipated
10 Bruce Banner's alter ego
11 Bohemian
16 Heavy weight
20 Fire residue
21 Egg center
22 Falco or McClurg
23 Sicilian spouter
24 Raw minerals
26 TV alien
27 Curry of NBC News
28 Horse of a different color?
29 Antitoxins
31 Injurious
34 Urban transport
35 Smear
37 Islander's home
38 Intel product
39 Suggestion
40 Drags along
41 Change for a five
44 Acapulco gold
45 "— Got a Secret"
46 Born
47 Potential syrup

▶ Yesterday's answer

W	I	N	S		A	R	E		R	A	S	P
A	L	O	P	E	C	I	A		E	V	E	R
G	O	V	E	R	N	O	R		F	I	L	E
			W	O	E		L	O	U	D	L	Y
A	S	S	E	S		C	O	W	S			
S	H	E	D		G	O	B	L	E	T	S	
H	A	G		P	E	R	E	S		E	W	E
	G	O	D	S	O	N	S		B	E	A	T
			O	I	L	Y		O	O	M	P	H
C	A	R	U	S	O		S	A	M			
U	S	E	R		G	O	L	F	B	A	L	L
R	E	E	L		I	N	A	S	E	N	S	E
L	A	D	Y		C	A	P		R	I	D	E

Sudoku

		8		7		3	2	
9	3		6				5	
		4			1			
		2		8				
8		6				1		4
				9		5		
			9			2		
	1				7		3	8
	4	5		6		7		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

5	6	8	4	7	9	3	2	1
9	3	1	6	2	8	4	5	7
7	2	4	3	5	1	8	9	6
1	5	2	7	8	4	9	6	3
8	9	6	2	3	5	1	7	4
4	7	3	1	9	6	5	8	2
6	8	7	9	1	3	2	4	5
2	1	9	5	4	7	6	3	8
3	4	5	8	6	2	7	1	9

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Happy Birthday Boyfriend! It's hard to believe it's already been a year since you turned a 'half a century.' I'm so glad we've spent it together and excited for the ones to come. Je t'adore :)
YOUR SNUGGLEMONSTER

Muffin, I just wanted you to know how much I truly do love you.
YOUR SHNUGGLE-BUNNY

Jenny, LIFE is what you make it and I hope you still want to make a LIFE with Me, Your Pooh Bear Paul. I Love You with all of me after all this time. Forever Yours and Longer
PAUL XOXO

Jonathan, you always make me smile every day. happy anniversary! i can't wait to see you today.i love you soooooo much my sweetheart.
ILIANA M.

Today 21°/17° Showers 40%
Wednesday 22°/16° Showers 60%
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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 What you are proposing may be in everyone's best interests but for some strange reason certain individuals won't go along with your plan.

♉ Taurus April 21-May 21 If you insist on your plans being perfect before you embark on them then most likely you will never get started. The ideal moment will never arrive.

♊ Gemini May 22-June 21 Being the contrary person you are you will take a perverse delight in doing the opposite of what others are expecting of you.

♋ Cancer June 22-July 22 YSo many people are telling you that you are following the wrong course, but you know what you are doing even if they are too blind to see it. Always listen to your inner voice and always act on what it tells you — especially today.

♌ Leo July 23-Aug.23 You want your ideas to be taken seriously but that will only happen when you are clear in your own mind what it is you believe in.

♍ Virgo Aug. 24- Sept. 22 Don't sit around waiting for other people to make you happy – make yourself happy by the things that you choose to do.

♎ Libra Sept. 23-Oct. 23 Everyone seems to be watching you at the moment. You can feel the eyes on your back wherever you go.

♏ Scorpio Oct. 24-Nov. 22 Do you work harder than ever or do you slow down a bit and enjoy your leisure time? The planets say you should be winding down and giving your mind and your body time to recover from recent exertions.

♐ Sagittarius Nov. 23-Dec. 21 By all means move ahead with a creative project of some kind but do you really need to commit such large chunks of your time and money to it? The planets urge you to keep it simple.

♑ Capricorn Dec. 22-Jan. 20 You may be incredibly busy at the moment but you must still make time for the things that really matter, such as your family and your romantic relationships.

♒ Aquarius Jan. 21-Feb. 18 It's rare for you to change the way you look at the world, but something will happen today that causes you to question your belief system. Could it be that reality is not what you thought it was? Then what is it? Find out.

♓ Pisces Feb. 19-March 20 Try not to get too excited about a money or business matter today, because if you allow yourself to get carried away you could make a costly mistake, one that will only become apparent when the Sun aspects Saturn at the end of the week.

SALLY BROMPTON

Caption contest

LAI SENG SIN/THE ASSOCIATED PRESS

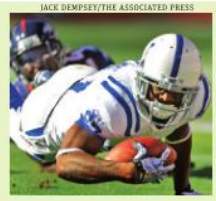


WIN!

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Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

JACK DEMPSEY/THE ASSOCIATED PRESS



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Deals of the week

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Punta Cana via Toronto

Occidental Grand Punta Cana • 4★

All-Inclusive • Junior suite
Oct. 2 • 1 wk.

$549
+Taxes & other fees (including service charges): $326

Puerto Plata

Iberostar Costa Dorada • 4 1/2★

All-Inclusive • Hotel rm.
Feb. 16 • 1 wk.

$999
+Taxes & other fees (including service charges): $304

JAMAICA

Sunset Jamaica Grande Resort & Spa • 4★

All-Inclusive • Standard rm.
Feb. 7, 21 & 28 • 1 wk.

PRIVILEGES
$1299
+Taxes & other fees (including service charges): $280

CUBA

Holguin via Toronto

Playa Costa Verde • 4★

All-Inclusive • Standard rm.
Oct. 9 & 16 • 1 wk.

$559
+Taxes & other fees (including service charges): $240

Varadero via Toronto

Sirenis La Salina Varadero Beach Resort • 4★

All-Inclusive • Standard rm.
Oct. 10 – 24 • 1 wk.

$599
+Taxes & other fees (including service charges): $240

JAMAICA

Gran Bahia Principe Jamaica • 4 1/2★

All-Inclusive • Junior suite
Feb. 7, 21 & 28 • 1 wk.

PRIVILEGES
$1499
+Taxes & other fees (including service charges): $280

SAINT LUCIA via Toronto

Bay Gardens Inn • 2 1/2★

Standard rm.
Oct. 9 – 24 • 1 wk.

$929
+Taxes & other fees (including service charges): $243

MEXICO

Cancun/Riviera Maya

Gran Bahia Principe Coba • 5★

All-Inclusive • Junior suite
Apr. 17 • 1 wk.

$959
+Taxes & other fees (including service charges): $284

Gran Bahia Principe Tulum • 5★

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Standard rm.
Apr. 17 • 1 wk.

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USA

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